

AUGUST TIMETABLE 2022

All classes are FREE!

	Date	Session Times & Address	Description & How to Book
TUES	9th August 16th August 23rd August 30th August	GYM FOR GROWTH AND DEVELOPMENT 9.00am - 9.45am Palmerston Recreation Centre	G4GD uses a combination of brain and gym, positive touch, and development movements. Bookings: Not required Designed for: Babies, toddlers, and preschool age children
WEDNESDAY	10th August 17th August 24th August 31st August	PILATES WITH RENA 7.30 - 8.15am Goyder Square	Pilates trains the body as an integrated whole, focusing on core, lower body, and upper body strength as well as flexibility and posture. Bookings: Not required Designed for: All ages
		BOXERCISE - TERRITORY FITNESS GROUP 9.00 - 9.45am Palmerston Recreation Centre	Boxing Tabata using different boxing combinations with also a mixture of cardio-based exercises. Bookings: Email territoryfitnessgroup@yahoo.com Designed for: Adults
		ZUMBA WITH ADRIJANA 6.30 - 7.15pm Good Shepard Lutheran Collage, Emery Avenue, Gray	A fitness program that combines Latin and international music with dance moves. Bookings: Please text Adrijana 0405 211 187 Designed for: Adults
THURS	11th August 18th August 25th August 1st September	MUMS AND BUBS PILATES - ALEX HURT 10.00 - 10.45am 5/56 Georgina Cres, Yarrawonga	Pilates's mat work focusing on pelvic floor and core. Bookings: Not required Designed for: Adults with babies
FRIDAY	12th August 19th August 26th August 2nd September	BOOT CAMP WITH LAUREN 7.30 - 8.15am Palmerston Pool - SWELL 31 Tilston Avenue, Moulden	Get your heart pumping with an early morning boot camp session with Lauren. Bookings: Not required Designed for: All ages
		ZUMBINI WITH GEORGIE 9.00 - 9.45am Palmerston Library - Community room	Early childhood education program that uses music and movement to promote development. Bookings: Not required Designed for: Babies and children aged 0-4 years
SAT	13th August 20th August 27th August 3rd September	METAFIT - OK FITNESS 8.00 - 9.00am Palmerston Recreation Centre	Bodyweight-only, non-choreographed, high intensity interval training - HIIT workout, with 10mins of warming up and cooling down. Bookings: Email okfitness12@gmail.com Designed for: Adults